5 Sure Signs That You Are a Boring Person

1-You Talk Non Stop About Things That Only Interest You.

Sign: If you really want to put someone to sleep, nothing screams BORRRRIIIING more than talking non stop about subjects that other people couldn't care less about. Like the weather or how paint dries.

Usually this type of person requires no response. They just start talking and talking with no end in sight. The listener doesn't even need to respond. They can just nod their head and say Uhh huh, *uh huh.*

Solution: If you notice that you are doing all the talking and the other person has gone quiet then stop talking and consider the fact that you may be boring that other person to tears. Try to engage them and ask them questions about what they think. Ask them about their life and just listen. No one likes to be on a one sided conversation.

Conversely, if you are trapped by this boring person, there is not much you can do except excusing yourself abruptly from the conversation. Another tactic might be to change the topic to something equally boring. Good luck...

2- You Are a Total Downer

Sign: Let's face it; no one wants to be around downers.

If you're the type of person who constantly sees the glass as half empty and you talk about really depressing things all the time then you might be depressing and boring at the same time.

I once knew someone like this. I tried to make it work but I was exhausted by our relationship. I had to constantly lift her spirits. Whenever I met her, I was always sad, or sombre and rarely laughed.

Solution: If you are this type of Debbie downer, consider changing your outlook on life. If you don't you'll eventually make people run for the hills.

If you know a downer in your life, the best you can do is either be blunt with them and tell them how they are depressing you or end the relationship. I ended up cutting ties with my downer friend. It was a tough decision but the relationship was really bringing me down.

3- You Are Really Uptight and Overly Serious

Sign: Fun people like to laugh, tell jokes and let loose. So it only makes sense that to be really boring you have to be and do the opposite.

Solution: Let loose have some fun. You'll know you are having fun when you laugh and don't care who sees.

If you know someone like that then just lea by example. Maybe they will follow.

4-You Complain About Everything

Sign: This type of person sees fault in everything and is not afraid to let you know.

There is no joy or [illegible] in being around someone like this because you feel like you have to walk on egg shells around them.

Solution: I have no idea how to handle this type of venomous personality. I usually try to be very careful around this person. Maybe try reducing the amount of time you spend with them.

5-You Never Try New Things or Travel to New Places

Sign: Fun, non-boring people tend to do and see a lot of new things. They talk about those things and are so filled with joy because their life is so satisfying.

A boring person doesn't do much outside of their necessary routine. Work, eat sleep. It's hard to talk to someone who hasn't had a lot of experience outside of their normal routine.

Solution: The solution is simple. Get out and do some stuff. Anything.

- Go to the museum
- Check out a new ethnic restaurant
- Go to the gym or learn to play squash

Travel far and travel wide.

Yes, you may have to go a little outside of your comfort zone to try new things, meet new people or see new places. But it's worth it. Give it a try.

One baby step at a time. You can start small and do something new everyday.

Before you know it, people will call you "THE FUN ONE"

Source: The Internet